

# Recipe 665

## Ingredients

14 lbs. of the thick flank or rump of beef, 1/2 lb. of coarse sugar, 1 oz. of saltpetre, 1/4 lb. of pounded allspice, 1 lb. of common salt.

## Method

Rub the sugar well into the beef, and let it lay for 12 hours; then rub the saltpetre and allspice, both of which should be pounded, over the meat, and let it remain for another 12 hours; then rub in the salt. Turn daily in the liquor for a fortnight, soak it for a few hours in water, dry with a cloth, cover with a coarse paste, put a little water at the bottom of the pan, and bake in a moderate oven for 4 hours. If it is not covered with a paste, be careful to put the beef into a deep vessel, and cover with a plate, or it will be too crisp. During the time the meat is in the oven it should be turned once or twice.

*Source: Mrs Beeton's Book of Household Management (1861)*

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